



# Center July Schedule

<b>Monday</b>		<b>July 17, 24, 31</b>	
10.15 am - 11.15 am	Yoga: Joint Freeing Series	With Beth	
6.15 pm - 7.15 pm	Orientation to Meditation		
<b>Tuesday</b>		<b>July 11, 18, 25</b>	
10.15 am - 12.15 pm	Visiting Hours		
4.00 pm - 4.45 pm	Yoga	With Beth	
4.50 pm - 5.00 pm	Open Air with Cheri	Listen at Center with other Sangha	
6.45 pm - 7.15 pm	Meditation		
7.15 pm - 8.30 pm	Group with Cheri		
<b>Wednesday</b>		<b>July 12, 19, 26</b>	
10.15 am - 12.15 pm	Visiting Hours		
4.15 pm - 5.15 pm	Hatha Yoga	With Beth	
5.15 pm - 6.15 pm	Visiting Hours		
<b>Thursday</b>		<b>July 13, 20, 27</b>	
10.15 am - 12.15 pm	Visiting Hours		
4.15 pm - 5.15 pm	Yoga: Joint Freeing Series	With Beth	
5.15 pm - 6.15 pm	Visiting Hours		
6.15 pm - 7.15 pm	Orientation to Meditation		

If you have not been to Center, please arrange for an orientation or arrange a visit during visiting hours.

If you have been to Center, please confirm your attendance at an activity or event.

Our email is [center@livingcompassion.org](mailto:center@livingcompassion.org)



# Center July Schedule

<b>Friday</b>		<b>July 14, 21, 28</b>	
	10.15 am -12.15 pm	Visiting Hours	
	5.15 pm - 6.15 pm	Restorative Yoga	With Beth (No class on July 21 <sup>st</sup> )
	7.15 pm - 8.30 pm	Group	No group on the 14th
<b>Saturday</b>		<b>July 15</b>	
	10.00 am -11.00 am	Yoga: Joint Freeing Series	With Beth
	11.30 am -12.30 pm	Yoga: Hatha Yoga	With Beth
	2.30 pm - 3.30 pm	Sitting Easily: Mechanics of Meditation	With Beth
	4.00 pm - 5.00 pm	Yoga: Joint Freeing Series	With Beth
	5.30 pm - 6.30 pm	Restorative Yoga	With Beth
<b>Saturday</b>		<b>July 22</b>	
	10.00 am - 4.00 pm	Yoga and Relationships Workshop	Facilitated by Ashwini & Beth
<b>Sunday</b>		<b>July 16</b>	
	10.00 am - 11.00 am	Yoga and Pilates	With Carolyn
	11.30 am - 12.30 pm	Yoga and Pilates	With Carolyn
	1.00 pm - 2.00 pm	Yoga and Pilates	With Carolyn
<b>Sunday</b>		<b>July 23</b>	
	10.00 am - 12.30 pm	Yoga, Meditation, Group	Facilitated by Beth & Jen
<b>Sunday</b>		<b>July 30</b>	
	10.00 am - 12.30 pm	Workshop with Cheri	
	2.00 pm - 4.30 pm	Workshop with Cheri	